

Nombre: Magic Nick

La Receta: Paella

El País: Espana

URL: <http://www.bbcgoodfood.com/recipes/4021/easiest-ever-paella>

Ingredients

- 1 tbsp olive oil
- 1 leek or onion, sliced
- 110g pack chorizo sausage, chopped
- 1 tsp turmeric
- 300g long grain rice
- 1l hot fish or chicken stock
- 200g frozen peas
- 400g frozen seafood mix, defrosted

Instructions

1. Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.
2. Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked. Check for seasoning and serve immediately with lemon wedges.

TABLE 1: Los sustantivos de la comida / The FOOD nouns

Ingredient (English)	Español
Oil	el aceite
Onion	las cebollas
Sausage	la salchicha

La poesía de la comida

Turmeric	la cúrcuma
Rice	el arroz
Chicken Broth	caldo de pollo
Peas	el guisante
Shrimp	el camarón
limón	el limón

TABLE 2: Los Verbos

VERB (command form) in English	VERB (infinitive) in Spanish	Informal Command Form
heat	calentar	calienta
cook	cocinar	cocina
add	añadir	añade
boil	hervir	hierve
simmer	hervir	hierve a fuego lento
stir	remover	remueve

TABLE 3: Los sustantivos de cocinar / cooking nouns

cooking device	herramienta para cocinar
pan	sartén

Las instrucciones

1. Heat oil in pan and cook onions and sausage.
 - Calienta el aceite en un sartén y cocina las cebollas y la salchicha.
2. Stir in turmeric and rice.
 - Remueve la cúrcuma y el arroz.
3. Add the chicken broth.

La poesía de la comida

- Añade el caldo de pollo.
- 4. Let boil and then simmer for 15 minutes (stirring occasionally).
 - Deja hervir y luego hierva a fuego lento por 15 minutos (mezclando ocasionalmente).
- 5. Add peas and shrimp.
 - Añade los guisantes y los camarones.
- 6. Cook for 6-8 minutes and serve with lemon wedges.
 - Cocina por 6-8 minutos y sirve con limón.